



# Seasonal Influenza Report 2015-16

San Mateo County Health System, Public Health Policy and Planning  
Weeks 2 & 3 (Jan 10 to Jan 23, 2016)

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## Current Influenza Activity

### San Mateo County

- During week 3 (ending 1/23/16), San Mateo County reported similar influenza activity to previous weeks.
- Week 3 of the current season has a lower number of influenza detections than week 3 of the previous season (Figures 1 and 2).
- Within the County, based on reports from reporting county and hospital laboratories\*, a total of 1793 specimens have been tested for influenza since the beginning of influenza season, and eight (0.4%) tested positive for influenza during week 3. A total of 378 specimens have been tested for RSV since the beginning of the influenza season with four (1.1%) testing positive during week 3 (Figures 1, 3, and 4).
- San Mateo County Public Health Laboratory (SMC PHL) has the ability to further subtype positive influenza A specimens. During week 3, no specimen in the SMC PHL tested positive for influenza A.
- Influenza-like illness (ILI) surveillance of chief complaint data from San Mateo Medical Center ED is lower than the same period last season (Figure 5).

### California

- Influenza activity in California was reported as "widespread" during week 3.
- Of 2,992 specimens tested, 453 (15.1%) were positive for influenza. Of the positive specimens, 239 (52.8%) were influenza A, of which 25 (10.5%) were H1, 14 (5.9%) were H3, and 200 (83.6%) were not subtyped. The remaining 214 (47.2%) tested positive for influenza B.
- Outpatient visits for ILI in week 3 were 1.6% which was slightly higher than 1.5% in week 2.
- There were no influenza-associated deaths in those less than 65 years of age reported during week 3.
- Hospital visits for Pneumonia and Influenza (P&I) for week 3 were higher (5.6%) than week 2 (5.0%) but are within expected levels for this time of year.†

### United States

- During week 3, influenza activity saw an increase in the United States.
- Of the 13,517 specimens tested by clinical laboratories, 680 (5.0%) were positive for influenza, of which 500 (73.5%) were influenza A and 180 (26.5%) were influenza B.
- Of the 865 specimens tested by public health laboratories, 242 (27.9%) were positive for influenza. Of the positive specimens, 195 (80.6%) were influenza A, of which 121 (62.1%) were H1 and 39 (20.0%) were H3, with 35 (17.9%) having no subtyping performed. The 47 (19.4%) remaining specimens were influenza B, of which 25 (53.2%) were of Yamagata lineage, 8 (17.0%) were of Victoria lineage, and 14 (29.8%) had no lineage performed.
- No influenza-associated pediatric deaths were reported during week 3.
- During week 3, 6.8% of all deaths reported through the 122-Cities Mortality Reporting System were due to P&I. This percentage was below the epidemic threshold of 7.2% for week 2.
- No states experienced high ILI activity; three states (CT, MD, SC) experienced moderate activity; five states (AZ, IL, NJ, OK, VA) low ILI activity; the remaining 42 states experienced minimal ILI activity.

Figure 1 Number of Positive Influenza & RSV Tests by Week San Mateo County, 2013-16

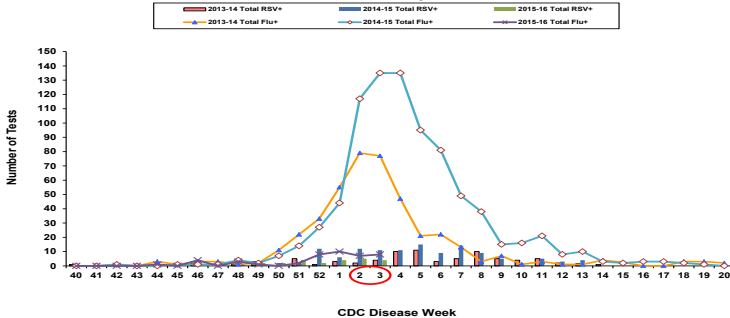


Figure 2 Number of Positive Influenza Tests by Type and Week, San Mateo County, 2014-16

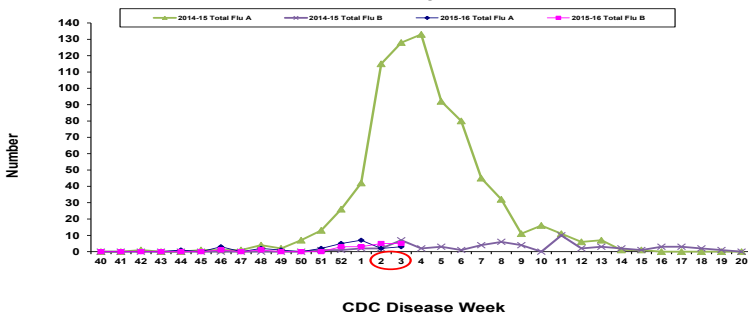


Figure 3 Percentage of Positive Respiratory Syncytial Virus (RSV) Specimens from Reporting Labs San Mateo County, 2014-16

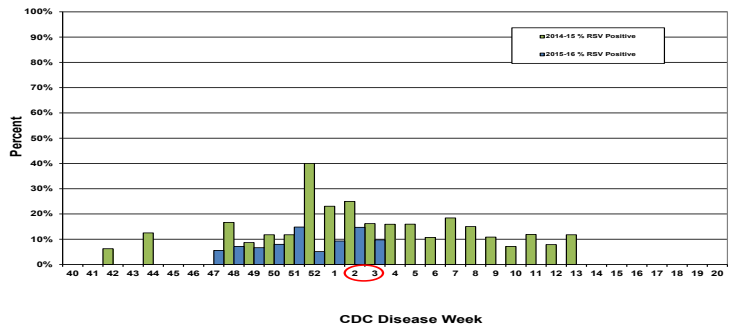


Figure 4 Percentage of Positive Influenza Specimens from Reporting Labs San Mateo County, 2014-16

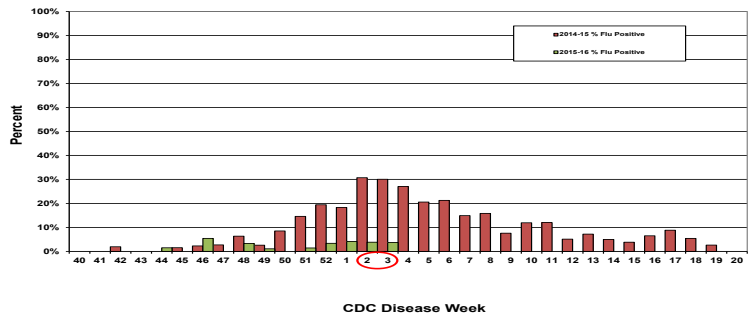
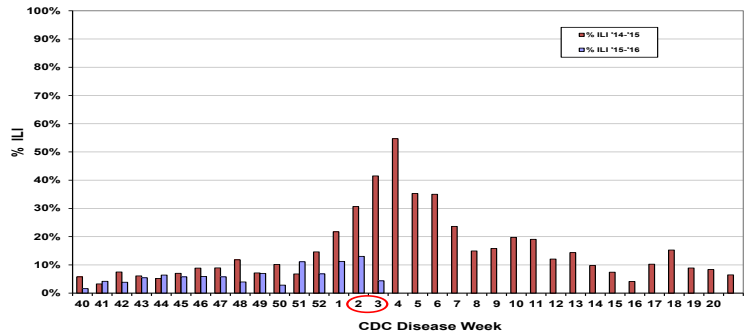


Figure 5 Proportion of Influenza-like Illness Visits (ILI): San Mateo County Medical Center ED, 2014-16 Influenza Seasons



### TEST OR TREAT?

Flu activity in San Mateo County is increasing. Eight specimens during week 3 tested positive for influenza.

- Test outpatients with suspected flu and high risk of complications, who are being considered for antiviral treatment. Consider empiric treatment in high-risk outpatients and those with progressive disease. Consider testing children <2 years of age to rule out RSV vs. influenza.
- Test hospitalized patients with suspected flu. Consider empiric treatment, especially in high-risk patients and those with progressive disease.
- Antivirals used for treatment: Oseltamivir or Zanamivir.

\*Our reported numbers do not represent all cases of influenza within SMC, but are intended to demonstrate trends in influenza activity. This issue does not represent data from Kaiser.  
Sources: SMC: San Mateo Medical Center, Sequoia Hospital, Mills-Peninsula Hospital, San Mateo County Public Health Lab; CA: California Influenza Surveillance Project: <http://www.cdph.ca.gov/programs/vrdl/Pages/CaliforniaInfluenzaSurveillanceProject.aspx>; US: CDC Flu Activity and Surveillance: <http://www.cdc.gov/flu/weekly/fluactivity.htm>  
†This data reflects Kaiser hospitalizations only.